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Celebrity Buzz

**Orlando
planning
wedding,
sources say**
pg 22



Parole board
grants killer
4-hour leave

SHEARING Convicted killer David Shearing has been granted a four-hour escorted pass from the Bowden Institution, near Red Deer.

The National Parole Board has refused to explain the reason for the leave from jail, CBC News Online reports, but temporary absences are usually granted for medical or bereavement purposes.

Just three weeks ago, Shearing was denied parole after serving 25 years of a life sentence for the murders.

Shearing, who changed his name to David Ennis while in prison, murdered six members of the Johnston and Bentley families in Wells Gray Provincial Park, B.C., in 1982.

CBC NEWS ONLINE

ShareYourViews

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World pg 8

**Congolese
kids in crisis**

Travel pg 16



Hawaii height
of star-gazing

Two sought in slaying

VICTORIA HANDYSIDES
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Andrew Frang shouldn't have bled to death on a sidewalk in a dodgy area of town, mourning friends said yesterday.

The 25-year-old man was stabbed in front of a liquor store on 124 Street near 118 Avenue, after he refused to give a cigarette to a stranger just after midnight on Sunday morning.

The victim's friend Megan Boyd said two young males approached Frang and asked for a cigarette.

"He told them to beat it, and they stabbed him — all over a smoke."

Frang and his girlfriend were having a few drinks at the Inglewood Pub before



Andrew Frang, the victim

the slaying. Frang worked as a door installer, and lived in the area.

Family and friends of the victim are beside themselves with grief. His death was unexpected, as Frang was known as a nice guy, with no drug problems or criminal history.

"I've never seen people so shaken up about someone dying," Boyd said of his roommate and co-worker.

Police are seeking two suspects. Both are de-

"He told them to beat it and they stabbed him — all over a smoke."

Megan Boyd

scribed as Native males, between 16 and 20 years old. One is described as having a slim build, the other only as a little older and a little taller.

"He's the type of

person that would stick up for himself, but there's no way the situation should have gone like this," Boyd said. "He's not the type of person to go into ghetto Edmonton and start something with random people. He wasn't like that."

Frang's autopsy is set for today. Funeral arrangements have not been set.

"This was nothing he deserved. He never did a thing wrong in his life for it to end like this."

Saluting our fallen heroes

REMEMBRANCE On the 90th anniversary of the end of the First World War, thousands of Edmontonians poured into the Butterdome yesterday to pay their respects to those Canadian soldiers who made the ultimate sacrifice.

In the largest service in the city, the crowd stood and cheered for the dozens of uniformed veterans and soldiers who paraded around the track during the annual Remembrance Day ceremony.

"It always brings back some memories for me," said Dennis Gleed, 88.

"Seeing a lot of these young people here means a lot to me," said the uniformed veteran with a few tears in his eyes as he sat in his wheelchair.

Lieutenant-Governor Norman Kwong and Mayor Stephen Mandel joined dozens of other dignitaries



At the Butterdome yesterday, a veteran salutes during national anthem. Thousands of people gathered at sites throughout Edmonton to honour those who served and those who died in Canada's wars and peacekeeping missions.

as they thanked war veterans and soldiers from the Edmonton Garrison for "putting their own lives on the line to protect freedoms back home."

Kwong gave a touching speech to the crowd about how soldiers who were killed in battle "had hopes and dreams" before later choosing to put Canada's

needs first by fighting in wars and keeping the peace.

A smaller crowd gathered at Sir Winston Churchill Square yesterday for an annual wreath laying service.

About 69,000 Canadians died during World War I, which ended on Nov. 11, 1918.

JEFF CUMMINGS/METRO EDMONTON
MORE COVERAGE, PAGE 4 & 7

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Low Brow Road Show hits Pawnshop on Nov. 25

Big John Bates and the Voodoo Dollz — the group putting the “cult” back in culture — are bringing The Low Brow Road Show to Edmonton’s Pawnshop on Tuesday November 25th. BJB & the Dollz are said to be packing a three-ring circus of musical punch, visual splendour and debauched fun.

METRO EDMONTON

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Local



Still life in real estate, says report

While the U.S. real estate market is bottoming out, according to the annual Emerging Trends in Real Estate 2009 report, Canadian real estate industry players are approaching 2009 with caution, but are more positive. Vancouver is Canada’s highest rated city for 2009. The hot-growth energy cities — Calgary and Edmonton — also score high ratings for investment prospects, development, and for-sale housing.

METRO EDMONTON

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Fatal crash may be weather-related

INVESTIGATION RCMP believe slick road conditions from an overnight snowfall could be a factor in a morning crash yesterday that killed a 49-year-old woman from Tofield.

The woman was a passenger in a westbound Ford Focus on Wye Road when the 58-year-old driver lost control of the vehicle and hit an oncoming van at Range Road 205 near Sherwood Park around 7:30 a.m., say RCMP.

The woman, who police identified as Carolynne MacKenzie, died on scene and the male driver was taken to an Edmonton hospital with serious injuries.

Police say the driver and a woman in the van were unharmed.

JEFF CUMMINGS/METRO EDMONTON

Snow brings tire scramble

JEFF CUMMINGS
jeff.cummings@metronews.ca

Edmontonians worried about slipping and sliding on city roads this winter scrambled to get winter tires as soon as they heard the forecast for yesterday’s weather, said one owner who opened yesterday to help last-minute drivers.

Cal Heitt, who owns the Fastech Performance Tire Centre in the city’s south end, says staff at his shop have been busy installing winter tires on vehicles since October.

But phones at his shop were going off the hook Monday as soon as people learned about yesterday’s snowy forecast, he said.

“With that bit of a skiff on the ground, even though today was a holiday, we’re really jammed,” said Heitt where his shop is full with appointments for the next 10 days.

Motorists won’t have any problems finding winter tires in the city, said Heitt, compared to what motorists are going through in Eastern Canada.

New legislation in Que-



Devin Neufeldt of Fastech Performance Tire installs a customer’s winter treads yesterday at their shop at 97 Street and 47 Avenue.

bec that makes winter tires mandatory on all vehicles with a Quebec licence plate is leading to a shortage in the Maritimes.

All vehicles in Quebec need to have winter tires before Saturday and they need to stay on the vehicles no later than April

15, 2009 under the new legislation that was passed last year.

However, Heitt warned that Edmonton could face a shortage of tires if the city is walloped with an early winter storm.

“Once the big snow comes in, there will more

than likely be a shortage of winter tires,” said Heitt.

Environment Canada says Edmonton won’t see anymore of the white stuff for at least the next few days as temperatures are expected to climb to the seven-degree-mark today.

NDP demand toxin tests for community

FORT CHIPEWYAN Alberta’s New Democrats have renewed calls for the province to act quickly in testing people in an aboriginal community for toxins.

“The people of Fort Chipewyan should have their blood tested for toxins,” said NDP Health Critic Rachel Notley in a release.

“Toxicology is the only way we are going to know we’re protecting the health and safety of these residents. It’s time for the government to pony up.”

Leaders in the community 280 km north of Fort McMurray — and downstream of its oilsands projects — say a study by the Alberta Cancer Board into cancer rates in the area isn’t as comprehensive as promised.

Leaders say they are rejecting the report, even though it has yet to be released.

Alberta Environment Minister Rob Renner has promised to support the creation of a program to help people to check if their food, air and water is contaminated.

METRO EDMONTON

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WHAT'S ONLINE TODAY

Watch families of slain soldiers join an emotional ceremony in Kandahar at metronews.ca/canada
Check movie showtimes, trailers and reviews at metronews.ca/movies

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Family claims medals and photo of Second World War soldier left at Edmonton framing shop for 13 years
Merlin Friel said the mementoes belonged to his grandfather, Jim Friel. Military officials had been asking through the media for someone to identify the man in the photo. Friel says his wife and grandmother took the medals in to have them mounted, and didn't know why no one picked them up. Jim Friel died in 1972. **METRO EDMONTON**



ALL PHOTOS: BEN LEMPHERS/FOR METRO EDMONTON

Above: Gloria Polowy kneels with her children Christopher, 5, and Kelley, 6, before wreaths yesterday. Top Right: Edmonton Mayor Stephen Mandel, left, and Lt. Gov. Norman Kwong light the Peace Torch. Bottom Right: Last Post is performed by a member of the Canadian Forces. All photos taken at the Remembrance 2008 ceremony at the Butterdome.



Remembrance Day 2008

Events throughout Edmonton

- Many came to pay their respects at the Ice Palace yesterday at the official Remembrance Day ceremonies for the Jasper Place Legion. "It was on this day, of the 11th hour, of the 11th day, of the 11th month the guns fell silent," keynote speaker Henk Duinhoven said of the end of the First World War in 1918. Not much more than 20 years later the guns roared again. And, when Duinhoven was just 10 years old, Canadian troops liberated his homeland of Holland, after it was taken over by a Nazi stranglehold. After eight months of fighting, the Germans surrendered 117,000 troops to Canadian Forces May 5, 1945. "Each year, children in Holland take care of the grave of a Canadian soldier in thanks," he said.



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C.W. Jefferys Collegiate Institute, a Toronto high school which suffered a fatal 2007 shooting, was in lockdown again yesterday after a 16-year-old boy was stabbed. **METRO NEWS SERVICES**

Canada

'Lactivist' fight erupts

A breastfeeding brouhaha has broken out at a Toronto swimming facility.

At one end of the Swim School pool is Cinira Longuinho, who wants Ontario's Human Rights Commission to investigate why she was asked to leave the water Oct. 24 while breastfeeding her 20-month-old daughter Camilla on the pool steps.

At the other end of the

hiring protection

• Longuinho showed up to the pool with 20 other protestors but were met by four security guards.

• Karkouti, bombarded by angry e-mails and phone calls, paid out over \$400 for protection from potential 'lactivists'

pool — and drowning in a sea of blogs, emails and protests — is the pregnant pool owner Ellie Karkouti has said that she has no ob-

jection to breast feeding, just not in the pool.

The Ontario Human Rights Commission says breastfeeding women can't

be prohibited from feeding their babies in public, or ordered to move to areas considered more "discreet."

But the Ministry of Health sets rules that ban food and drink around pools.

A Ministry of Health official who is aware of this incident couldn't be reached for comment.

TORSTAR NEWS SERVICE

Halifax to review polygraph tests

COMPLAINTS Halifax Mayor Peter Kelly says the city is reviewing its use of the polygraph in police and fire department hires, after finding out candidates are asked intrusive questions about their sexual practices.

Questions ranged from whether the would-be hire has ever downloaded illegal software to whether they've committed incest, or had sex with animals. They're also asked if they've ever hired a prostitute, helped someone hide from the law, or plagiarized someone else's work.

News in brief

DRUG BUST Police in the Cape Breton Regional Municipality have seized 25,000 OxyContin tablets and arrested two men in what they called one of the largest busts in Canada for the powerful painkiller.

METRO CANADA

Halifax New age veterans



Members of the Canadian UN/NATO Veterans Military Group attend the Remembrance Day ceremony at the Grand Parade in Halifax yesterday. The group, who says it doesn't fit in with the Legion crowd, was formed to represent younger veterans who wanted a way to network. The group, started a year ago by a Quebec man and now boasting over 300 members, says that while they wear biker style jackets, that riding a motorcycle is not a requirement of joining the club.

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Taxi driver charged with assault

A Surrey, B.C., taxi driver is facing a charge of assault with a weapon after a teen, who allegedly fled the cab without paying his fare, was struck by the taxi. The 61-year-old driver is scheduled to appear in court on Nov. 21. **METRO CANADA**

canada 7

News in brief

CONTROVERSY After the thousands of people laid wreaths and poppy pins at the National War Memorial in Ottawa left yesterday, a small group stole in to do the same. But the poppies they laid were white, not red. The Ottawa White Poppy Collective knows its anti-war white poppies are controversial. But while many see it as a misappropriation of a cherished Canadian icon, the local group said its white poppies are a sign of their commitment to "a culture of peace."

LIBERALS Toronto MP Martha Hall Findlay, one of the stars of the last Liberal leadership contest, announced yesterday that she won't be running to replace Liberal Leader Stéphane Dion, a decision that makes it increasingly unlikely that a woman candidate will be on the ballot when Liberals pick their new leader next May in Vancouver.

CHARGES A lesbian couple in Oshawa, Ont., who were allegedly assaulted by a man because of their sexual orientation want the assault charges against him upgraded to a hate crime, CBC News Online reports. Oshawa resident Mark Scott, 43, is facing two counts of assault causing bodily harm.

METRO NEWS SERVICES

Honouring veterans

Special service for Chinese-Canadian soldiers held in Vancouver

KRISTEN THOMPSON
Metro Canada

For some spectators, the Remembrance Day ceremony in Vancouver's Chinatown yesterday was more than a chance to pay respect to the nation's soldiers — it was a history lesson.

Amanda Lam, 16, who attended the ceremony with her brother, said she didn't realize Chinese-Canadians fought in the Second World War.

"It makes me feel good to know (they) participated," she said, adding that the event will let more people know the role her ancestors played.

"It makes me proud," she said.

Around 100 people gathered at Chinatown Square to recognize all Canadian soldiers, but more specifically Chinese-Canadian and First Nation veterans.

Vic Nordquist, 75, who served in the Canadian Air-



Chinese-Canadian veterans stand at attention during the playing of a Scottish lament during yesterday's Remembrance Day ceremony in Vancouver's Chinatown.

force, took part in the ceremonies at Victory Square and Chinatown Square.

"It's important that people, (especially) young people, recognize what these veterans did during the Second World War," he said.

"They played a very sig-

nificant role in that war and in British Columbia itself. (Many) things (young people) have today are due to those veterans."

Tung Chan, CEO of immigrant services organization SUCCESS, said Chinese-Canadian veterans and pioneers fought for

the values and freedoms Canadians pride themselves on today.

"Those pioneers and soldiers who dedicated their lives to serve the ideals of Canadian society and those who are serving us now, we offer our respect and sincere gratitude," he said.

Incubation benefits shock researchers

HEALTH Maternity ward incubators may be warming up a baby's later outlook on life as well as its tiny body, a University of Montreal study says.

In findings that shocked researchers, the study of 1,212 children followed through to adulthood found that babies needing incubator time as newborns are two to three times less likely to be depressed when they grow up.

The study, published this week in the journal *Psychiatry Research*, looked at a larger study of Quebec kindergarten children launched in 1986 that took data on their birth circumstances.

It found that infants who needed an incubator stint were far less likely to suffer clinical depression when assessed at 15 and 21 years of age. Some 16.5 per cent of subjects had been placed in incubators as babies. Only five per cent of these infants later developed depression, compared to nine per cent of those who hadn't needed the devices.

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Exclusive ski and golf community Yellowstone Club, in Montana, has filed for bankruptcy protection, a sign that the financial crisis roiling the real estate and leisure industries is not limited to the low end of the market. **REUTERS**

World



Victoria's Secret being sued

The secret is out for one of the world's most recognizable lingerie brands, according to a potential class action lawsuit in which consumers claim they've experienced very uncomfortable symptoms, like rashes, hives and permanent scarring from Victoria's Secret bras, ABC News reported. "I had the welts ... very red, hot to the touch, extremely inflamed, blistering. It itched profusely," said Roberta Ritter, who describes herself as a longtime Victoria's Secret shopper.

METRO NEWS SERVICES

Obama bolsters web presence

INTERNET Barack Obama had a brigade of web denizens backing his election, from comedy star Obama Girl to throngs of young voters, and now they are clamoring for the Internet to play a big role in his presidency.

Early in his transition to the White House, the Democratic president-elect seems to be complying, and his actions could signal a change in the way U.S. citizens expect their political leaders to communicate with them in the future, experts said.

Obama, who has become the first president-elect with a MySpace page, has bolstered his online presence since last week's election by creating a site called change.gov.

REUTERS

Congo violence hurts kids

Displaced children vulnerable to disease, exploitation: UNICEF

Packed into squalid refugee camps or roaming in the bush, hundreds of thousands of Congolese children face hunger, disease, sexual abuse or recruitment by marauding armed factions, aid workers said yesterday.

Weeks of violence have forced more than 250,000 people from homes or ramshackle camps where they had taken shelter, bringing to over 1 million the number of internal refugees from years of fighting in Democratic Republic of Congo's North Kivu province.

Most are children.

"North Kivu is quite possibly the worst place to be a child. There is no question that children have been the most severely af-



A girl displaced by fighting stands in a refugee camp at Kibati in eastern Congo yesterday.

ected by the recent conflict," said George Graham, spokesman for Save the Children in the provincial capital, Goma.

Fighting between Tutsi rebels and pro-government

troops and militia fighters has subsided into sporadic clashes in recent days as African leaders staged summits and leant on both sides to avert a repeat of Congo's devastating 1998-

2003 regional war.

"When children flee fighting they become more vulnerable to contracting diseases, to becoming malnourished, and vulnerable to predators like sexual abuse, exploitation, violence and recruitment into armed groups," U.N. Children's Fund (UNICEF) spokesman Jaya Murthy told Reuters in Goma.

Sixty per cent of the 1.1 million displaced are children, he said. "We estimate that there's around 2,000 to 3,000 children in armed groups and recruitment is going on right now."

"This has been a silent emergency for children for the last five years, only now it is re-exploding — again."

REUTERS

4,000-year-old pyramid found

DISCOVERY Egyptian archaeologists have discovered a pyramid buried in the desert and thought to belong to the mother of a pharaoh who ruled more than 4,000 years ago, Egypt's antiquities chief said yesterday.

The pyramid, found about two months ago in the sand south of Cairo, probably housed the remains of Queen Seshesht, the mother of King Teti, who ruled from 2323 to 2291 BC, Zahi Hawass said.

REUTERS

News in brief

MAFIA Italian shopkeepers pay about 250 million euros a day to Mafia protection rackets and loan sharks and fear the current downturn could allow the mob to further tighten its stranglehold on the vulnerable economy.

REUTERS

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Helping doctors avoid burnout

A little bit of counselling and a slight cut in hours goes a long way toward reducing burnout and sick leave among overworked doctors and can help to prevent medical errors, Norwegian researchers reported today. **REUTERS**

Gender parity among leaders lagging: Report

Women still lag far behind men in top political and decision-making roles, a waste of talent given that their access to education and healthcare is nearly equal, the World Economic Forum said today.

In its 2008 Global Gender Gap report, the think tank ranked Norway, Finland and Sweden as the countries with the greatest equality between the sexes, while Saudi Arabia, Chad and Yemen were the least equal.

Averaging 130 national scores, the report found that girls and women have reached near-parity with their male peers in educa-

Canada falling behind

• Canada fell 13 places from last year to 31st, below the United States, who ranked 27th. It's the first time the U.S.

has been ranked higher than Canada since the gender gap report was launched three years ago.

tional attainment, health and survival, in both rich and poor countries.

But economically, in terms of workforce participation and earning opportunities, and politically, in terms of empowerment, the gap between the sexes remains large.

"The world's women are nearly as educated and as healthy as men, but are nowhere to be found in

terms of decision-making," said Saadia Zahidi of the World Economic Forum, a Swiss-based think tank best known for its Davos summit held in January.

"Given that women have almost closed the gap with men on health and education, it is a waste of their talents if they are not catching up in economics and politics," she said.

REUTERS

United States Remembering those lost in Iraq



Lorna Levante and her eight-year-old daughter, Kelsey, visit a memorial constructed of 4,824 wooden crosses, the number of U.S. troops killed in the war in Iraq, on Veteran's Day in Lafayette, Calif., yesterday.

News in brief

BABYLON A new exhibition about the myths and reality of the ancient city of Babylon ends with a display blaming the U.S. military for causing irreversible damage to the site after it invaded Iraq in 2003. John Curtis, keeper of the Middle East collections at London's

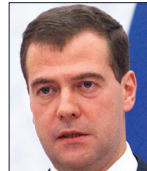
British Museum, has been a vocal critic of the decision to build a coalition camp on the archeological site near Baghdad that was once Nebuchadnezzar's sprawling city. The movement of heavy vehicles contributed to the damage the museum said. **REUTERS**

Medvedev seeks longer presidential term limits

LEGAL Russian President Dmitry Medvedev asked lawmakers yesterday to approve a draft law extending the presidential term of office, a change some observers say is part of a plan to bring Vladimir Putin

back to the Kremlin.

Medvedev proposed extending the term from four to six years in a speech last week and has now submitted a draft law on the change to parliament, **Medvedev**



Medvedev

the Kremlin said.

Putin is ranked in opinion polls as Russia's most popular politician and Kremlin-watchers say he, not his successor, takes many of the

crucial decisions. Putin is now prime minister under Medvedev.

A spokesman for Putin said press reports he planned to return to the Kremlin in an early election were groundless. **REUTERS**

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Addressing an elephant

Various failures at national reconciliation have left us comatose

The WestView

Paul Sullivan

Journalist & media consultant

A lot of ink has been spilt on the failure of the recent Canadian election to match the sizzle of the U.S. presidential race.

The consensus seems to be: The U.S. election was historic; the Canadian election was, at best, histrionic. And if you watched the candidates all screeching at each other in that ridiculous travesty of a televised debate, you'd have a hard time disagreeing.

But as I watch Stephen Harper govern the nation virtually by default, I think it's time to address the elephant in the room. Simply put, the U.S. election was so uplifting because the American people united behind

Barack Obama, if only for a brief, shining moment.

Here in Canada, the Bloc Québécois increased its number of seats to 49 from 48.

I mean, really, what kind of country allows a separatist party to hold the balance of power? In other countries, separatists meet at night in clandestine locations, identifying each other by the secret handshake. Here, they put up lawn signs and get fat pensions funded by the very taxpayers they repudiate.

They're not even polite about it.

No matter that Stephen Harper has bestowed nation status on the people of Quebec with-

out any of the attendant responsibility — I can only assume chief Blothead Gilles Duceppe will continue his truculent demands long after the only establishments flying the Canadian flag in Quebec are the hotels.

Don't get me wrong. I'm not opposed to Quebec sovereignty if that is the will of the people. But in my darker moments, I suspect I'm more willing to see Quebec fly on its own than Gilles Duceppe and Pauline Marois (his, uh, provincial counterpart) combined.

Seriously, are you really surprised by the decline in the popular vote? Do we really expect robust voter enthusiasm when year in, year out, the very party that wants to

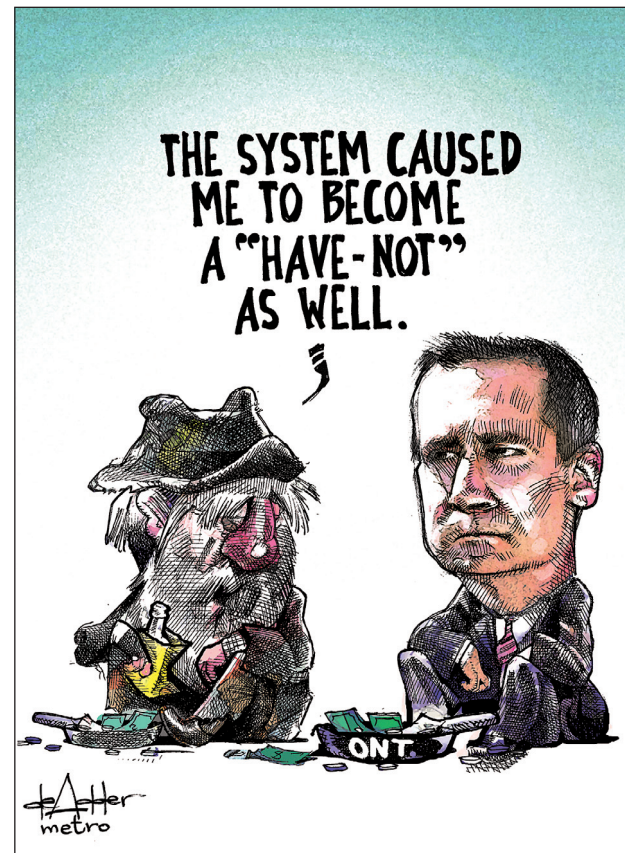
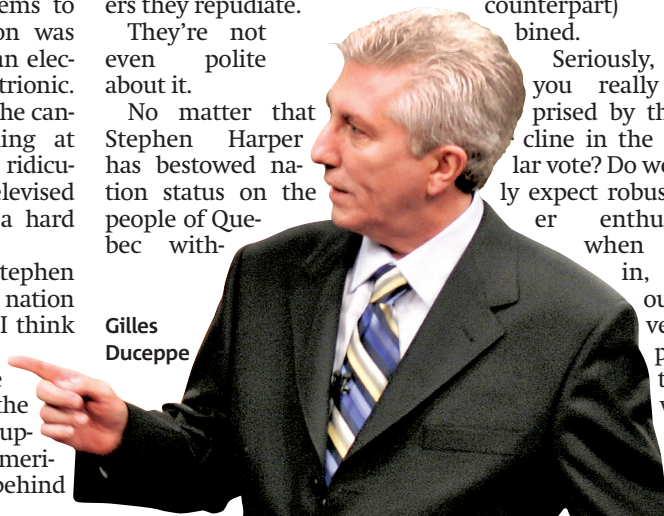
break the country in half controls the balance of power? How can we move forward as a nation when the representatives of a huge part of the nation are determined to go the other way?

My apologies for bringing up the old bugaboo of national unity. But our various failures at national reconciliation have made us comatose, which appears to be the ideal condition for the permanent infestation of Parliament by the Bloc Québécois, a daily reminder that any enthusiasm we have for Canada is misplaced, jejune, just plain wrong.

I yearn for a Barack Obama who can bring us all together. But failing that, at the very least, I hope that the prime minister of Canada will finally begin to stand up to the presence — in his own Parliament — that thrives on keeping us apart.

Paul Sullivan is a Vancouver-based journalist, owner of Sullivan Media consulting, and editor-in-chief of Orato.com, the citizen news website.

Gilles Duceppe



Letters

Nicholas J. Varmazis

Re: In memory of duty done (Nov. 7)

I am a World War II veteran and a member of the Royal Canadian Legion. I read Rick McGinnis' article about Remembrance Day and found the story interesting and moving.

He wrote, however, at one point, when his father joined, only Britain and the Commonwealth countries were fighting the Axis powers. This is not true. Greece was on the side of the Allies at that time, fighting the invading Italians and winning.

Actually, this was the first land victory for the Allies in World War II.

John Cartwright, TORONTO

Re: The answer is blowin' in the wind (Nov. 10)

Drs. Suzuki and Faisal are right on the money. The main reason Canadians have not yet done anything significant to stop climate change is political will.

Governments are supposed to represent the will of us — the people who get to elect them — in the way we choose to organize ourselves as a so-

ciety.

Why is this important? Because there are currently two major problems worrying Canadians: The rapid disappearance of good jobs that are the backbone of a decent quality of life, and global warming with its frightening changes to our natural environment.

Stopping climate change is the crisis of our time and we have a choice. We have to start now to do the work that should have begun 10 years ago — demanding that governments stop subsidizing polluting energy and instead invest in renewable energy infrastructure. It's not good enough to sit back and watch as the good jobs continue to disappear while others prepare their economies for the 21st century.

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Word on the street: In tough economic times, what's the one luxury you can't give up?

Victor Luzia

age 24,
Edmonton

A: I can't let go of my computer. There are a lot of people that I talk to and keep in contact with online, like people from high school.

Kayla McCarthy

age 20,
Edmonton

A: I think giving up my car would be a hard thing to do. I am so used to driving.

Russell Rollinson

age 22, Calgary

A: Alcohol. It's the one thing that lets you forget about the economic crunch.

Carolyn Bennett

age 28, Toronto

A: (Liquor). It's a sad answer but it's true. Because wine helps you relax, particularly in tough economic times and helps you unwind.

Lisa Per

age 36,
Vancouver

A: Fresh organic food. I would keep spending my money on fresh food and vegetables. Choosing a healthier option, even if it's more expensive, it's worth it.

metro
life panel

Metro Life Panel

Results from the Canadian Metro Life Panel:

Daily cup of coffee: 19%
Dining out: 12.4%
Driving: 30.2%
Entertainment (movies, going out): 16.5%
Other: 10.9%
None of the above: 11.1%



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I'm Diana Hill, and at my free *Probate Profits in Real Estate™* workshop, you'll see how it's possible to search Canadian probate records for phenomenal bargains. Darlene Smith of New Brunswick embraced my system for buying property direct from an estate. She purchased a house from a trustee for just \$19,000. After making repairs, it was appraised at more than \$100,000.

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“...\$150,000 on my first deal.”

— Chris Kanelos

“...\$130,000 in my pocket.”

— Ron Davis

“...a \$70,000 profit.”

— Baron Letch

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A dramatic drop in the loonie has U.S. realtors worried Canadian buyers will be staying home for the winter. Canadians were the top foreign purchasers between May 2007 and May 2008, accounting for 23.6 per cent of all purchases. **TORSTAR NEWS SERVICE**

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

In brief

AUTOS General Motors' shares fell to a 65-year low of \$2.92 US yesterday on concerns the company might run out of cash by early next year. Shares of other automakers and parts suppliers fell too.

AIRLINE ACE Aviation Holdings Inc., the parent company of Air Canada, said yesterday it is still looking for ways to wind itself down, but that it is unlikely to do so by making a cash offer for the public minority stake in Canada's No. 1 airline.

RONA Rona Inc., Canada's biggest home-improvement chain, reported a lower third-quarter profit yesterday due to a slump in construction and home renovation, and warned that it might not meet its profit targets. **REUTERS**

Google adds video chat to its roster

ONLINE Google Inc. added a voice and video chat feature to its Gmail e-mail service yesterday, launching a free Web-based service that competes with the likes of eBay's Skype.

Gmail and Google App subscribers can now choose to speak with friends on a video screen while instant messaging them in a Google Chat box.

The video screen can be popped out of the chat box and moved around a user's computer screen. Users can also change the size of the screen and expand it to full-screen size.

"The idea was to make it quicker and easier to communicate with other people by whatever means is best convenient," said a Google spokesman. **REUTERS**

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Bankruptcies poised to rise

There will be a steady upward march in personal and business bankruptcy filings in Canada as over-spending and falling home prices catch up with individuals and as a slowing economy hurts businesses, experts in the field say.

"We're definitely seeing an increase (in calls), I think that people are caught, they've been living on credit," said Linda Stern, vice-president of personal restructuring services at Deloitte & Touche Inc. in Toronto.

Stern estimates her office

is working on 30 per cent more filings — actual bankruptcies or proposals to pay off a portion of debt — than this time last year.

Her colleague, Rebecca McKinley, a trustee at Deloitte in Windsor, Ont., said her office is dealing with about 17 per cent more bankruptcies than last year.

"In the past year I have seen more and more instances of people who cannot afford their mortgages," while their house values also dropped, McKinley said.

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*Interview with the winner and publication of the winner's photographs is optional. Terms and conditions available online. Metro Global Photo Challenge received 30,868 entries last year, making it one of the largest competitions in digital photography in the World. Open to non-professionals and professionals.

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St. Pierre to fight The Prodigy

Canadian Georges St. Pierre will defend his UFC welterweight championship against lightweight champion B.J. (The Prodigy) Penn at UFC 94 on Jan. 31 in Las Vegas, the UFC confirmed yesterday. **METRO NEWS SERVICES**



Sports

Lincecum takes NL Cy Young

The San Francisco Giants' Tim Lincecum won the National League Cy Young Award by a comfortable margin yesterday, taking home pitching's highest honour in only his second major league season. The 24-year-old right-hander was 18-5 with a 2.62 ERA and a major league-best 265 strikeouts in 2008.

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Oilers pick up Boulerice

NHL The Oilers have claimed forward Jesse Boulerice off waivers from the Colorado Avalanche and have placed left winger Steve MacIntyre on the NHL Injured Reserve List. Boulerice split last season between Philadelphia and the Flyers' AHL affiliate. MacIntyre missed the last two games of the Oilers seven-game road trip due to an upper body injury. **METRO NEWS SERVICES**

Staal has third period hat trick

NHL Jordan Staal had a hat trick in the third period and set up Ruslan Fedotenko's winning goal with 1:11 in overtime last night, lifting Pittsburgh to a 7-6 comeback win over Detroit in a Stanley Cup Finals rematch. **METRO NEWS SERVICES**

Hargreaves done for season

SOCCER Manchester United and England midfielder



Owen Hargreaves has been ruled out for the rest of the season because of a knee injury, the Premier League champions said yesterday.

The Calgary-born Hargreaves underwent successful surgery on his right knee and will have surgery on his left knee in two weeks' time after being troubled by tendinitis since arriving at Old Trafford in July 2007. The 27-year-old former Bayern Munich player has started just two matches this season. He began less than half of last term's games but did play in United's Champions League final win over Chelsea. **REUTERS**

Indians legend Score dies

BASEBALL Herb Score, the Cleveland Indians pitcher and former broadcaster, died at age 75 yesterday. Score died at his home in Rocky River, Ohio, the team said in a statement. He had been in a wheelchair since suffering a stroke in 2002, four years after he was seriously injured in a car accident. **METRO NEWS SERVICES**

Benevides shovelling off to T.O.?

York**Report**



Marty York

marty.york@metronews.ca

A defensive co-ordinator who literally carries a shovel that, if **Michael (Pinball) Clemons** rejects ownership's wish for him to leave the Argos' presidential office and return as head coach, Lions defensive co-ordinator **Mike Benevides** would be the club's leading choice. Benevides has served as an assistant coach in the CFL for the past nine seasons. This is his first season as the Lions' defensive co-ordinator and his unit has excelled, boasting seven divisional all-stars. The defence suffocated its opponents while upsetting the Roughriders at last Saturday's Western semi-final, and Saskatchewan quarterback **Michael Bishop** wound up being cut this week.

Should the Lions upset the Calgary Stampeders in the Western final this Saturday — B.C. is a six-point underdog — Benevides would become an even hotter commodity. The Stamps, after all, feature an explosive offence, including the CFL's most productive running back (**Joffrey Reynolds**) and most productive receiver (**Ken-Yon Rambo**).

Benevides is a Toronto native, incidentally. He studied business at York University, as did Argos co-owner **David Cynamon**. Benevides also is a workaholic, as he told interviewer **Christie Buono** (yes, the daughter of Lions head coach Wally Buono) at B.C.Lions.comTV. He said he arrives at the Lions' headquarters daily at 3 a.m. and works till about 7 p.m.

Oh, and about the shovel. Sources say he keeps it handy to remind his players they need to keep digging. Call it a motivational tool, I guess.

Not a stretch

• A new University of Nevada study debunks traditional views about stretching, claiming certain stretches before exercising may actually reduce performance and safety instead of enhancing them. For details, visit rehabpub.com.

NHL **Flames hold on**



The Flames' Robyn Regehr holds the Leafs' Luke Schenn against the boards during the second period of their game last night. Calgary won 4-3.

• You were warned in this space Oct. 22 about the possibility of an all-Alberta Grey Cup in Montreal Nov. 23.

Well, Calgary and Edmonton need only to win

“Pick your poison — lethal injection, firing squad or electrocution. You're dead either way.”

Cameron Wake

their Saturday games from making this highly unlikely matchup a reality, although the Eskimos are six-point underdogs against the Alouettes for the Eastern final in Montreal.

And when the Eskis last visited the Als, on Sept. 21, they were annihilated 40-4.

And, oh yes, the Eskis allowed six sacks.

Edmonton head coach **Danny Maciocia** is denying the Sept. 21 game took place. Call it a motivational tool, I guess.

• The Stamps swept B.C. in three games this season, averaging 35 points and 445 yards.

That, however, isn't preventing Lions sackmaster **Cameron Wake** from predicting a B.C. upset on Saturday.

“We don't think nobody can stop us, that's how we feel,” Wake said. “It doesn't matter what you do and what scheme it is. Pick your poison — lethal injection, firing squad or electrocution. You're dead either way.”

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

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NHL

LAST NIGHT'S RESULTS
 Montreal 4 Ottawa 0
 Philadelphia 3 N.Y. Islanders 1
 Pittsburgh 7 Detroit 6 (OT)
 Calgary 4 Toronto 3
 Dallas at Los Angeles
 Nashville at San Jose

TONIGHT'S GAMES
 St. Louis at Buffalo
 N.Y. Rangers at New Jersey
 Washington at Carolina
 Phoenix at Columbus
 Tampa Bay at Florida
 Boston at Chicago
 Colorado at Vancouver

TOMORROW'S GAMES
 Toronto at **EDMONTON**
 Montreal at Boston
 N.Y. Islanders at Ottawa
 Philadelphia at Pittsburgh
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NBA

LAST NIGHT'S RESULTS
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DBS: Licensed to thrill

Metro's global motoring editor lets it rip with Bond's new ride

EMMA E FORREST
Metro World News

The Aston Martin DBS

PHOTO BY MARK OBSTFELD/
METRO WORLD NEWS

Unfortunately there are no rocket launchers in the new James Bond car. The Aston Martin DBS that Bond drives in *Quantum of Solace*, (in *Quantum Silver of course*), doesn't even have a defibrillator hidden in the glove-box like the last model.

In fact, the nearest thing to a Bond gadget are the B&O speakers that emerge from the dash when you start the ignition. Even the Jaeger-LeCoultre watch that remotely turns on the lights and unlocks the car is available to all real-world DBS owners.

Still, you can live without an ejector seat when the car's this fabulous. Several stunt Astons were trashed



during the chase sequences for *Quantum*, but this DBS is one of just three 'hero' cars that were kept intact.

To fire it up, you need to engage what Aston calls the 'emotion control unit.' Sounds pretentious but that's what you're doing —

plug this stainless steel and sapphire starter fob into the dash and your heart jumps as it lets rip a mighty, throaty roar.

To remind you of your sophisticated choice of vehicle, 'beauty power soul' appears on the speedo as the engine starts to rumble.

And while the handcrafted interior complete with piano black leather and

solid aluminum is alluring, really it's the engine that's the star here.

With its menacing face and athletic rear haunches, this elegant car looks both macho and sophisticated, and the performance is the same.

A gentle nudge and James Bond's car is launching me through the country roads around Aston's

Aston Martin DBS

Price: from \$293,400
0-100 kmph: 4.3 sec
Top speed: 307 km/h
Engine: 6 litre, V12
Fuel Consumption: 16.4 l/100 km

factory in central England and with the close gears, I'm eagerly testing the car's cornering, which of course is immaculate.

This car might look and feel heavy, but it's agile, and in its sports mode, it stiffens up like an adrenaline-pumping panther ready to go in for the kill.

Which is basically what the car does on command. With acceleration like this it's easy to see why one of the *Quantum of Solace* stuntmen ended up taking off into Lake Garda in one of these cars.

You can't buy this car, of course, but you can own your own DBS if you want to drive like James Bond. Just don't forget that M16 won't be picking up your bill if you dent it.

Top 3 Bond cars

Aston Martin DB5, Goldfinger, 1964
Features ejector seat, revolving licence plates, slasher hubcaps, machine guns behind the headlights.



Lotus Esprit, The Spy Who Loved Me, 1977

Features missiles, torpedoes, underwater-driving mode.



Aston Martin V8 Volante, The Living Daylights, 1987

Takes on the Russians with missile launcher, rockets, hubcap-concealed laser and retractable tire spikes.



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Moore's fave Bond ride

007 veteran. Pilot of the infamous underwater Lotus Esprit. Sir Roger Moore reveals his favourite James Bond car moments.

Favourite Bond car scene?

The Lotus Esprit diving into the ocean, because the audience thought we were goners. But it converted into the wonderful underwater car, Wet Nellie, and became one of the most famous sequences in any of my Bond films.

It was all trickery and magic of course.

Favourite Bond car?

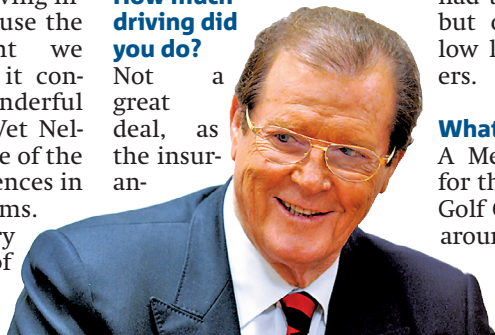
The 2CV in *For Your Eyes Only*, because it seemed like such an unlikely Bond car, and we had great fun doing the stunts with it.

How much driving did you do?

Not a great deal, as the insurance companies insisted on having stunt drivers as they couldn't afford for me to get injured — or more close to the truth, they thought I might smash up the cars! I did a little driving where Bond had to glide into a frame, but otherwise it was on low loaders or stunt drivers.

What do you drive?
A Mercedes, a Volvo 4x4 for the snow and a Mark 1 Golf Cabriolet for hopping around Monte Carlo.

EMMA E FORREST/
METRO WORLD NEWS



It's Ford Ka to Bond girl's rescue

FORD If James Bond can power it up with an Aston Martin DBS in the latest 007 instalment *Quantum of Solace*, why should the Bond girl be left behind?

Camille, played by Olga Kurylenko, will be seen driving the new Europe-only Ford Ka in the movie. In fact, Ford hopes the Ka will attract the "independent-spirited, modern young woman," not unlike Camille in *Solace*.



Olga Kurylenko

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Optimum
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USED VEHICLES

Friendly Toyota Tacoma

PHILIPPE CROWE
for Metro Canada



Toyota's Tacoma was given the nickname "Taco" by my colleagues shortly after arriving in our long-term fleet — a testament to how quickly Taco made friends. Like an easy-going buddy, a longtime comrade, it was always there, ready to help for any task at hand.

Our Tacoma was powered by a 4.0-litre, 24-valve, DOHC V6, with Variable Valve Timing with Intelligence (VVT-i) technology. Output sat at 236 hp at 5,200 rpm and 266 lb-ft of torque at 4,000 rpm, put to the ground through a five-speed automatic gearbox and a robust four-wheel drive system. In a traditional fashion, this 4WD setup offered the selection of 2-HI, 4-HI and 4-LOW electronically at the flick of a switch.

In an earlier review, colleague Bradley Horn noted: "There's more than enough grunt here, though we're anxious to see how our Toyota performs with a loaded cargo box."

It performed.

Renovating a house between the middle of April and the end of May allowed me to put this strong hauler to the test. Aside from towing, the Tacoma saw all the uses one expects of a machine with a cargo bed in back.

The Taco's V6 has the power needed to more than adequately carry out any of our staff's tasks, with the added benefit of requiring far less fuel than V8-powered competitors.

Parking this long truck was a lot easier than one might think, helped equal-

2008 Toyota Tacoma

Type: Truck

Price: \$40,470

Engine: 4.0-litre, 24-valve DOHC V6

HP: 236

Highlights

- Practical
- Quality interior
- Great visibility

ly by the great view out the back, the Toyota's narrow design, and, mostly importantly, the wonderfully tight turning radius.

We sang the praise of the interior at length in previous instalments. Lots of useful cubbyholes, wonderful seats and a build quality that has all of us convinced this will not be a rattle trap after a few years of ownership — be they tough years or not.

Toyota's midsize Tacoma pickup design has existed and been improved on continuously for decades and it shows in the near perfection of this generation's execution. But a few details were lacking in our truck, which could easily be improved upon. Really, these are little nitpicks, but the sliding rear window would benefit from an electric mechanism so the driver can open and close it while driving. As mentioned in our last instalment, a pair of D-shaped hooks by the cab end of the box, mirroring the ones close to the tailgate, would be very useful; the black material for the top of the door panel should be more nick-resistant, and finally, an even bigger gas tank — as an option if needed — would be a big plus. The standard 80-litre one is suitable, but an ex-

tra 20 litres or more would have been welcomed for long distance cruising.

Our mix of city and highway driving produced overall fuel economy numbers averaging between 13.2 and 14.5 L/100 km. Our final consumption figure over the 11,998 kilometres we put on the Tacoma (it came to us with 1,012 km on the odo) aver-

aged 13.8 L/100km.

Will I miss it? I do already. The Tacoma's combination of overall practicality and ease of use, as well as the comfort of the cabin makes this a great all-around vehicle. You just need that myriad of practical uses we found for the pickup to justify its slightly higher fuel expenses.



Like an easy-going buddy, a longtime comrade, the Toyota Tacoma is always there, ready to help for any task at hand.

Year's top green cars

RANKING U.S.-based Green Car Journal's Top 5 for 2009, the year's best-of-the-best "green" vehicles, have been identified by the magazine's editors.

These vehicles are the five finalists competing for the Green Car Journal's 2009 Green Car of the Year award: the BMW 335d, Ford Fusion Hybrid, Saturn Vue 2-Mode Hybrid, smart fortwo and Volkswagen Jetta TDI.

The 2009 Green Car of the Year will be unveiled at a morning press conference on Nov. 20 during Press Days at the Los Angeles Auto Show.

The VW and BMW clean diesels are leading edge models signalling the advent of highly efficient, ad-

vanced diesel sedans that meet emissions certification in all 50 states.

Ford's Fusion Hybrid, a full hybrid, is this automaker's first hybrid sedan. Saturn's Vue 2-Mode is GM's first application of its two-mode hybrid system in a V-6 front-drive platform.

Green Car Journal's Green Car of the Year program focuses on recognizing new model vehicles that provide real answers for new car buyers looking for a personal stake in lessening environmental impact.



Read how French couture cars are bringing green in fashion at metronews.ca/live/edmonton/automotive

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Zagat Survey has released the 2009 Europe's Top Restaurants guide. The guide covers 1,639 of the Continent's best eateries in 27 cities from Amsterdam to Zurich, based on the experiences of 16,829 savvy diners. **METRO NEWS SERVICES**

Travel



Best beaches

Dr. Stephen P. Leatherman, a.k.a. Dr. Beach named Caladesi Island State Park in Dunedin/Clearwater, Fla. as America's top beach of 2008. Hanalei Beach on Kauai, Hawaii took the No. 2 spot, and Siesta Beach in Sarasota, Fla. came in at No. 3. **METRO NEWS SERVICES**

TRAVELDESK@METRONEWS.CA

Stargazing on The Big Island

Few earthly viewing venues can top Hawaii's Mauna Kea

DAWNA L. ROBERTSON
for Metro Canada



Sure, I can spot the Big Dipper. And while I love a full moon, nothing beats the promise of wishing on a shooting star. But those iconic nighttime wonders aside, my knowledge of a darkened sky is basic at best.

Determined to heighten my celestial sense, I knew few earthly viewing venues could top Mauna Kea on Hawaii's Big Island. So on a romp to the remarkably diverse island, I decided to shoot for Hawaii Forest & Trail's (HF&T) stargazing tour to this renowned astronomical observing site.

On a typical warm Big Island afternoon, our group of eager star-trekkers boarded a 12-passenger van at HF&T's Kona Coast headquarters. Interpretive naturalist Greg Brown had packed parkas and provisions for the eight-hour excursion. Not accustomed to lengthy transit, I had my concerns. They faded away, however, as our adventure began to unfold.

Mauna Kea is overwhelming. To observe the "white mountain" from sea level, one can only begin to grasp its size. Weaving toward the summit, I was consumed by this massive mound.

Well versed in Hawaiiana, Brown shared both fact and folklore on the dramatic evolution of our surroundings. As we passed a pueo (native Hawaiian owl) perched in a dead mamane tree, he explained how ranching and grazing herds had transformed the area from forest into grassland.

Midway to the summit, we stopped at historic Humuula Station, an abandoned sheep outpost



A sunset shot of the summit of Mauna Kea on Hawaii's Big Island.



Left, a couple of the telescopes at the summit of Mauna Kea shortly before sunset. Right, an evening shot of Kona Village Resort.



geared with a dining tent, tables and extremely clean porta potties.

It was cool and foggy at the Parker Ranch post — quite a contrast to coastal conditions earlier in the day. Aside from sustenance, the dinner stop also helped acclimatize us for our final ascent. With a hearty meal under our belts, we continued our star quest.

Near the 9,000-foot level, the van emerged from a thick fog into a brilliant blue sky. It was as if the heavens had opened up. We progressed toward the 13,500-foot elevation past volcanic cinder cones and patches of snow.

"Mauna Kea's summit rises above 40 per cent of the Earth's atmosphere," Brown explained. "Plus it's far from city lights. Up here, you'll have optimal viewing of galaxies that stretch to the very edge of our observable universe."

As I exited the van with a wobbly step or two, I noticed that the elevation definitely had an impact. While that quickly passed, the temperature was another issue. Brown warned us that it had plummeted below freezing. So I zipped my parka and tightened the hood.

Standing at the summit was nothing short of amaz-

ing. We were literally on top of the world, at the peak of the tallest mountain on Earth. And as daylight slowly slipped away, the journey grew more spectacular.

Brown recited the roster of observatories. "Those are the Keck twins and that's the Subaru Telescope." Eleven countries currently host 13 telescopes at the summit, some 31,000 feet above the ocean's floor in the world's most isolated area.

After a stunning sunset, we returned to the Onizuka Center For International Astronomy at the 9,200-foot level. Here, Brown set up a

pair of eight inch Celestron Cassegrain telescopes for our star party.

He also used lasers to point out clusters and constellations. Warm in our parkas and with hot chocolate and macadamia nut cookies in hand, we "oohed" and "aahed" at the brilliance of Hawaii's night sky.

Far beyond simply viewing the heavens, we were witnessing Earth's place in the cosmos.

After an hour or so, our group agreed that we were seeing things more clearly — connecting the dots, so to speak. We were headed for home as the Southern

Where to stay

The bulk of The Big Island's accommodations are sprinkled along the sunny Kona Coast, with a roster of five-star Kohala Coast resorts crowning the list. Known for world-class accommodations, championship golf, upscale spas and beautiful Pacific waters, these offerings run north from the Kona International Airport toward the rolling hills of Waimea. Here's a quick run-down on the island's "Gold Coast" offerings within each master-planned resort destination:

- Kaupulehu — Kona Village Resort, konavillage.com.
- Four Seasons Resort Hualalai, fourseasons.com/hualalai.
- Waikoloa Beach Resort — Hilton Waikoloa Village, hiltonwaikoloavillage.com.
- Waikoloa Beach Marriott Resort & Spa, marriotthawaii.com.
- Maui Lani Resort — Mauna Lani Bay Hotel & Bungalows, maunalani.com.
- The Fairmont Orchid Hawaii, fairmont.com.
- Mauna Kea Resort — Hapuna Beach Prince Hotel, princeresortshawaii.com.
- Mauna Kea Beach Hotel, maunakeabeachhotel.com.

DAWNA L. ROBERTSON/
FOR METRO CANADA

Cross began to rise — just as Brown had promised. I counted my lucky stars I'd taken this trek.

The eight-hour/12-person maximum Mauna Kea Summit & Stars Adventure is offered daily for \$185 US plus tax, including picnic-style dinner, snack, hot beverages, hooded parka and gloves. Reservations are highly recommended at least one week in advance, as this tour consistently sells out.



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METRO NEWS SERVICES

travel **17**

Ancient secrets to be discovered in Belize

The **TravelJunkie**

Ruins tend to incite the imagination, conjuring up thoughts of ancient civilizations, lost secrets and mystic rituals. That's running through my mind as I stroll through the moss-covered ruins of a major Mayan city, located in the remote jungles of northern Belize near the tiny town of Orange Walk.

Lamanai, located on the banks of the New River Lagoon, goes down as one of the longest-occupied Mayan sites. It was inhabited for over 3,000 years and has some of the oldest ruins in Belize. The name itself means "submerged crocodile," in honour of the toothy reptiles that infest nearby waters.

My guide tells me that, in its heyday, Lamanai was a ceremonial centre, with a population exceeding 35,000. Today it encompasses



The High Temple is the tallest structure at the site of Lamanai and one of the largest pre-classic structures in the Maya area.

es over 700 structures, a visitor's centre and a museum.

It's interesting to note that there's a Canadian connection to this hidden jungle jewel. Excavations at the site began in 1974, under David M. Pendergast of the Royal Ontario Museum, and continued through 1988. Today only a small percentage of the site is fully excavated, leaving a wealth of archeological findings to discover.

While many associate Mayan ruins with Mexico, neighbouring Belize also

played a big part in Mayan civilization. Visitors can visit Lamanai as part of an organized tour, which usually includes a boat trip, admission fee and a well-trained guide.

Wandering around the ruins, I can hear the faint cry of a Howler monkey growling in the distance. It's one of those unmistakable sounds — more like a pained, demonic snarl out of Dante's Inferno than the noise of a territorial primate hanging from a nearby tree. Nevertheless, it

adds to the air of mystery.

With the entire place to myself, I visit the Jaguar Temple, a huge crumbling pyramid with intricate carvings. Then to the Mask Temple, named for the 13-foot limestone representation of an ancient Mayan king. But it's the High Temple that's easily the most impressive structure. "At 108 feet, it's the highest structure in the area," notes the guide.

Climbing to the top of it, however, is harrowing. The steps are narrow and slippery, while the steep incline incites vertigo. I cling to a rope (strategically placed there so dumb tourists like me don't trip and kill themselves) and nervously make my way up this ancient stone Stairmaster. "Slow and steady," I tell myself, as I huff and puff up the ruins. Tumbling down this flight of steps would be bad for business.

Once at the top, the view makes up for the climb. It's a striking 360 degree panorama of jungle and river lagoon.

As a colourful keel-billed toucan flies overhead and settles in a canopy of rainforest, it hits me — it's no won-

der that the Mayans lived here for thousands of years. It's a stunning spot with a killer view, and it showcases

the beauty of Belize.

Julia Dimon is co-host of Word Travels, airing on OLN; juliadimon.com.

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Tim Robbins is set to take legal action against New York officials after he was nearly denied a vote on U.S. election day, accusing them of publishing his address while trying to "cover" their mistakes. The actor says his name wasn't on the list of voters. **IMDB.COM**

Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Guest stars

The Hills stars Heidi Montag, left, and Spencer Pratt will guest star on an episode of the CBS sitcom *How I Met Your Mother* that will air in January. Both will film their segments this week. **PEOPLE.COM**

James Bond has licence to thrill overseas

MOVIES The old adage about the movie business being recession proof was certified — at least for now — over the weekend as the international moviegoers greeted a new James Bond entry well above even the wildest expectations.

Quantum of Solace, the 22nd installment in the 007 saga, pulled in \$107.1 US million from 58 markets, lifting the film to a two-weekend total of \$161 million following last week's kickoffs in the U.K., France and Sweden. The overseas action augurs well for Friday's domestic blastoff.

Obama daughters get Hannah invite

TV U.S. President-elect Barack Obama's two young daughters have been invited to appear on popular kids television show *Hannah Montana*, actor Billy Ray Cyrus said.

Cyrus, the father of *Hannah Montana* star Miley Cyrus and also an actor on the hit show, said the show had asked Malia, 10, and Sasha Obama, 7, to take part in an episode possibly around April. **REUTERS**

Becoming Bond

Rick McGinnis

rick.mcginis@metronews.ca

There has been a James Bond car as long as there's been a James Bond. While it took three movies for 007 to get handed the keys to his tricked out Aston Martin DB5 with the machine guns and ejector seat, Ian Fleming had a scene in the very first Bond book, *Casino Royale*, that reads like a stirring treatment for a pulse-pounding movie car chase.

The most heartbreaking moment in the recent movie version of *Casino Royale* wasn't the death of Bond's true love, Vesper Lynd, but a scene where Bond's Aston Martin DBS V12, the latest successor to the DB5, goes ass over teakettle on a deserted road, flipping a record-breaking seven times before coming to a rest in a



Rick McGinnis at the wheel of an Aston Martin DBS at Grand Touring Automobiles in Toronto.

crumpled heap. I can't help but remember that scene now as I stare at a brand-new DBS sitting in the showroom at Grand Touring Automobiles, the first one I've ever seen in real life.

Dean Jordan has been selling Aston Martins for years, and recalls doing the auto show circuit the year after James Bond was reunited with Aston Martin when Pierce Brosnan got behind the wheel of a

Volante and a Vanquish in *Die Another Day*. "All the kids know who you are — it's a very good way of advertising you as a company. As a product placement it's brilliant."

The DBS he shows me has been sold, but Dean lets me sit in it, and pops the crystal "key" into the ignition to show off the engine for a brief second, as the showroom fills with a growling animal roar. Like the other 6,500 Aston Mar-

tins produced a year, the DBS is completely handmade, a luxury auto built around a race car's guts, and it has the compact closeness of a real sports car, enveloping you in the driver's seat without making you feel cramped.

Like the Aston Martin, the Bentley is a handmade car, loaded with luxury options, and probably a bit overpowered for most of its buyers. "A lot of the clients who drive them want to

drive it because it's a Bentley," says John Koutoulakis, a Bentley salesman at Grand Touring. If Bond were in the market for a runabout, he tells me, he'd be buying a GT Speed, the souped-up version of their marquee 2-door model. Inside, it feels like a five-star hotel room, all custom leather, wood and metal, but the 600-horsepower engine can do over 200 MPH. Starting price for a 2008 model is \$220,000, but with options it'll end up costing around \$300,000, though John says they have flexible leasing options.

We walk out onto the lot and he opens the door to a silvery white GT, telling me that he'll take the wheel for a few blocks, then let me drive it back. I'm probably blushing when I tell him that I don't have a licence — I don't even know how to drive — and he tactfully conceals what I can only call a look of dismay. My quest to become Bond, hobbled as it was, ends in a final, resounding humiliation, but not before I let John open up the engine and lunge gracefully into traffic with me in the passenger seat.

Villains doomed when they cross James Bond

BRIAN TOWIE
Metro Canada

Villains always meet their ignominious demise in the James Bond movie series, and their dooms are often followed by a witty quip by Britain's near-invincible superspy.

That said, here's a look at some of the most horrid — and amusing — bad

guy deaths in the 007 franchise.

- **Boris Grishenko (Goldeneye):** This Russian computer expert gets his due for aiding the evil rogue agent Alec Trevelyan when he yells, "I am invincible!" shortly before being frozen solid by a leaking liquid nitrogen tank.

- **Oddjob and the Cuban assassin (Goldfinger):** Two electrocutions in

this film. Before the opening credits, Bond dispatches a Cuban assassin by tossing him into a bathtub, then adding an electric lamp. 007 then quips, "Shocking." During his battle with Oddjob, Bond uses a live wire to channel a lethal current through Oddjob's razor-sharp bowler hat.

- **Milton Krest (Licence To Kill):** Slimy henchman Krest has a falling out with Sanchez, his druglord boss.

Sanchez traps Krest in a high-pressure chamber, where his head inflates and explodes all over a pile of stolen drug money. Licence To Kill was a particularly brutal flick: A henchman gets fed to a shark, another is tossed in a giant drawer full of maggots, and a

young Benicio Del Toro is chopped up by a cocaine grinding machine.

- **Elliot Carver's henchman (Tomorrow Never Dies):** An assassin adds some red toner when he's thrown into a printing press. Bond says, "They'll print anything these days."

- **Dr. Kananga (Live And Let Die):** During an underwater fight Bond feeds the crime lord a capsule of compressed air.



After his death in *Live And Let Die*, James Bond noted that Dr. Kananga "always did have an inflated opinion of himself."



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Brancato 's father wants him cleared

Former Sopranos actor Lillo Brancato Jr. should be cleared of the murder of a New York police officer because he wasn't carrying a gun when the officer was shot, according to the star's father.

IMDB.COM



Metro Global Photo Challenge 2008



"When I take a picture I want to project the essence of the moment that an untrained eye fails to capture, the everyday art and beauty obscure to a regular eye and the perspective that evokes emotions."

Steve Tunzi, Toronto

Toronto Breaks



"His red shirt caught my eye and the late-afternoon sun made everything sparkle ... I was trying to capture the colour, solitude and hard work of a gentleman and his urban jungle."

Dave Cheresna, Toronto

Keep Off My Lawn



Metro's Global Photo Challenge has drawn 3,890 entries from Toronto, Ottawa, Vancouver, Calgary, Edmonton and Halifax, and 55,389 international entries. The Top 10 photos are on display at the CN Tower until Nov. 16. Vote for your favourite shot online at metronews.ca/photochallenge until Nov. 23. An international jury will judge the Top 5 photos, and the winner will receive a Nikon D700 DSLR and Nikon 24-70mm F2.8 zoom lens. The photos above are details of the entries. Visit the website to see the full image.

And the sex survey says...

The J Spot

Josey Vogels

Sex talk with Josey

According to a recent survey, when faced with the issue of erectile dysfunction, only 43 per cent of Canadian couples said they talked to their partner about the issue, 12 per cent said they talked to their physician and 27 per cent said they didn't talk to anyone.

We may be unable to share our most intimate sexual secrets with our partners, but we seem more than willing to expose ourselves publicly.

In the last week alone, I discovered that one in four women would date a man 15 years older, 80 per cent of married couples in America occasionally sleep apart because of snoring and that, given the choice between an extra hour of sleep or an extra hour of sex, most Canadian men want the sex and women want the sleep.

Recent research also revealed that the average woman spends three times more time with her computer every day than she spends with her significant other, most overweight American women have more sex than their skinny counterparts, redhead college girls are eight per cent more likely to have a three-

some than blond or brunette college girls, students with tattoos prefer missionary position over cowgirl, and vegetarians enjoy giving oral sex 2.5 times more than carnivores. Who knew?

Given the uselessness of much of this information, why the obsession with everybody else's sex lives? I suspect it's our way of seeing if we're keeping up with the Joneses, exercising our voyeuristic tendencies ("I just wanna peek at what the Joneses are doing"), and gauging whether or not we are sexually "normal."

The big problem with all of this inquisitiveness, of course, is that honesty and sex go together like Vaseline and latex. We lie about it,



Honesty and sex go together like Vaseline and latex, Josey says.

brag about it, or, at best, are seriously deluded. To wit: In one survey, 31 per cent of men who live with a woman said their partner usually or always performs oral sex while only 15 per cent of the women said they always or usually do the deed. Someone's fibbin'.

In my personal experience, sex surveys are most practical and fun when used to

conduct your own private bedroom poll. Having a hard time getting your partner to communicate about sex? Survey them. It's the modern way to spill your guts.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Superheroes to battle for awards

AWARDS Superheroes Batman and Iron Man, and adventurer Indiana Jones, will battle for top film honours at the upcoming People's Choice Awards which annually bestows honours on favourite celebrities in film, TV and music.

Among nominees named recently for People's Choice Awards was pop star Britney Spears who earned a nod as a "scene stealing" guest star on television but was shut out of music categories.

The People's Choice Awards will be given out during a ceremony on Jan. 7.

REUTERS

ODAY
AND DVD





Roman Polanski will be honoured at this month's Turin Film Festival in Italy. The Nov. 21-29 event will feature a full retrospective of the Oscar-winning filmmaker.

IMDB.COM

Theatres missed out on punk biopic

RICK MCGINNIS
Metro Canada



Anyone who knew the band probably would have laughed at you if you said that one day, there would be a Hollywood biopic of The Germs, with a big TV star living out his dream to play the band's lead singer, Darby Crash.

Lorna Doom was Terri Ryan when she met Darby Crash in high school, and was renamed in typical punk style when they formed the band and recorded Forming, one of the most gleefully incompetent punk rock singles ever released.

The band got better, and managed to be wildly influential despite getting banned from every rock club in Los Angeles before Crash overdosed himself the night before John Lennon was shot.

"If he hadn't have done it when he did it he probably would have done it a few years later," Lorna says, recalling her friend, who's played by E.R.'s Shane West in the film.

"Unless we had become massively successful, but that wasn't an option back



What We Do Is Secret has been released on DVD this week.

then. Punk rock was so underground that there was never any hope of success. That was his plan, so he would have done it eventually, unless something totally different had happened."

Director Rodger Grossman started planning the film after leaving film school, over a decade ago, getting Doom and band

mates Pat Smear (Nirvana, Foo Fighters) and Don Bolles on board to consult.

Shortly afterwards, West, who was a toddler when Crash died, signed on and helped get the film's tiny budget financed.

West, a rabid fan of The Germs, went to unprecedented lengths to play Crash, and has even taken

the singer's place in a reformed Germs since filming was completed.

"Being on the set and observing his dedication to it, it was so impressive. I think Darby would have been very happy with his portrayal."

There are a lot of films like What We Do Is Secret — decent, watchable products of real inspiration and

passion that probably never stood a chance of wide release in the ever-tightening theatrical market of blockbusters, multiplexes and "tent pole films."

The movie industry seems to have created a yawning gulf between major releases and cult films, which includes practically everything else, most of which only gets a real shot

Actor's dedication

- E.R. actor Shane West plays Darby Crash in the film.
- A toddler when Crash died, West went to great lengths to portray the musician, getting Crash's tattoo, as well as altering his teeth to replicate Crash.

at an audience on DVD.

"I think it's the people who were around during the time, and people who were curious and missed the scene," says Lorna.

"It's kind of like our audience," she explains.

"People who want to see where punk rock began, and then the curious." At the same time, though, she thinks it's a shame that so few people will ever get to see the film outside of their living rooms.

"Obviously it's a movie with a lot of music, so it's nice to be in a theatre and hear it really loud, through the speakers."

"I understand a lot of people watch DVDs, but it's a movie with a lot of incredible music, so if I had to choose a way I'd choose a theatre."

Spears' youngest son released from hospital

ILLNESS Pop star Britney Spears' two-year-old son, who was hospitalized over the weekend after he had a reaction to something he ate, has been released from a Mississippi medical facility, according to a report Monday on celebrity website TMZ.com.

Earlier in the day, Spears' family posted a statement on her official website, www.britneyspears.com,

The family said Jayden James was admitted to the hospital Sunday, and "doctors concluded he had a reaction to something he ingested."

The statement said the boy would be discharged yesterday, but TMZ posted a picture of Spears departing the hospital while holding the child on Monday evening.

People magazine, quoting a source close to the family, said that Jayden had suffered "a terrible allergic reaction. He had hives, was itchy and irritable."

The source told the celebrity magazine that Jayden "is doing fine."

They also said that



Britney Spears

Spears, 26, and her mother, Lynne, spent Sunday night at the hospital with him. The trip by Spears to Louisiana, her childhood home, was the first time she had been allowed to leave California with sons Sean Preston, 3, and Jayden since their father Kevin Federline was given full custody in July.

REUTERS

Rushdie, Mehta bring it home for Midnight's Children film

MOVIES Canadian director Deepa Mehta is collaborating with Salman Rushdie on a big-screen adaption of the author's 1981 historical novel Midnight's Children.

The book, which earned the Booker literary prize, portrays the history of India from 1910 to a declared state of emergency in 1976. The story is narrated by a young man born on the stroke of midnight Aug. 15, 1947, the day India won independence

from Britain.

Toronto-based Mehta and Rushdie will co-write the screenplay, and they hope to have cameras rolling in 2010. Indian actors Shabana Azmi and Nandita Das, who starred in two earlier Mehta films, Fire, and Earth, are on board to star in the project.

Both Mehta and Rushdie were born in India, with the filmmaker eventually moving to Canada and the novelist to Britain.

REUTERS

A new view of Anne Frank through friend

MOVIES A movie based on the best-selling memoir by a friend of Anne Frank is being developed by an indie studio.

My Friend Anne Frank is an adaptation of the book by Jacqueline van Maarsen.

Van Maarsen was described as Frank's best friend Jopie in The Diary of Anne Frank.

The author went to school with Frank and spoke with her father Otto after World War II.

An English translation of van Maarsen's Dutch memoirs, My Name Is Anne,

She Said, Anne Frank, was published by Arcadia Books last year.

The film's plot will follow the young friends' separate internments in concentration camps.

Alberto Negrin is attached to direct for Nu Image/Millennium Films.

Negrin knows the terrain well.

He shot the Italian biopic Perlasca, based on the man who posed as a Spanish official

to save Hungarian Jews from the Nazis.

REUTERS

Boyden wins \$50K Giller

LITERATURE Toronto-raised author Joseph Boyden was awarded the Giller Prize last night at a televised gala in his hometown.

Boyden, won the award, the richest in Canada for fiction, for his second novel, Through Black Spruce. Boyden now lives in New Orleans.

Rawi Hage, Marina Endicott, Mary Swan and Anthony De Sa were also on the shortlist for the \$50,000 prize.

Legendary Canadian au-

thor Margaret Atwood, fellow writer Colm Toibin and Liberal MP Bob Rae formed the three-member jury to determine the winner of the Giller Prize, awarded for the 15th time.

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Samaire back on Dirty Sexy Money
Samaire Armstrong will be returning to Dirty Sexy Money for a special episode to air on Nov. 26. [EW.COM](#)

entertainment **21**

Shield's loyal fans

THAT'S WHAT DVD BOX SETS ARE FOR:

I've made a point of insisting since I began writing this column four and a half years ago that I watch as little TV as possible. Readers — and even friends — have told me that they envy my luxurious life, lounging around watching TV all day; far from it, I have far too much else going on (writing features, raising kids, pretending to be James Bond) to waste it vegging out in front of the tube like some depressed jobless grad with an arts B.A.

And frankly, I think it would be harder to write this column — and a lot less fun to read it — if I did it from a position of being held hostage to a host of fave shows and compulsive nightly surfing up and down the dial, which would inevitably feel like the aesthetic equivalent of Stockholm Syndrome. There's a lot to watch on TV these days, and I can only imagine how much easier it would have been to do this job in 1973. A conscientious columnist would be obliged to watch as much crap as quality, and if there's one thing I'm not it's a conscientious TV columnist.

One unfortunate side effect is that I miss a lot of good shows, and readers frequently write in to bug me about it. One of those shows is *The Shield*, the FX cop drama starring Michael Chiklis that's nearing the end of its seventh and final season. It has a large and loyal audience that regard it as on a creative par with *The Sopranos*, *Deadwood* and *Mad Men*, and they've frequently asked — in sometimes unkind language — why I've ignored it for so long.

I can tell you why, and this paragraph from a *Salon.com* story on the show's coming finale pretty much sums it up: "There

Intelle**Vision**



rick.mcginis@metronews.ca

are so many different chess pieces in play at this point, sometimes it's tough to keep up. Mackey is manipulating his longtime enemy, councilman David



Michael Chiklis

Aceveda (Benito Martinez), his ex-wife, Corinne (Cathy Cahlin Ryan), FBI agent Olivia Murray (Laurie Holden), the Mexican drug cartel, fellow Strike Team loyalist Ronnie (David Rees Snell), his former boss detective Claudette Wymys (CCH Pounder) — the list goes on and on. But Mackey is so good at what he does — double-dealing, backtracking, using whatever he can as leverage against anyone with any power, rethinking his

plan, recalibrating his approach."


There is, let's be honest, no way I'm going to cut through that thicket of backstory and exposition and appreciate what's going on as the show heads for the bloody climax that many of us (mistakenly) predicted for *The Sopranos*. It took a Herculean effort of Googling and YouTube searching to get up to speed with the last two seasons of *The Sopranos*, and now that the deluxe complete box set of the HBO is coming out, I can finally go back and enjoy the early seasons that I missed because a) I wasn't writing a TV column and b) I wasn't watching much TV, which is sort of where I came in, here. That said, I'm looking forward to a bricklike box set of *The Shield* at some point in the near future which will let me agree, quietly and in the dark of some sleepless night, that my readers were right.

Rick McGinnis writes about music, movies, books and television, but not opera.

Just after sunset.

It's the perfect time for

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Just After Sunset is also available on audio CD
Simon & Schuster Canada | read more at [www.SimonSaysCanada.com](#)

critics' corner

CSI: NY

Finding a nice place to live in the New York metropolitan area can be a challenge. Just ask the CSIs. This week, they investigate the brutal murder of a house relocater who was found dead inside an old Victorian that was being barged from Staten Island to the Upper East Side. The crime leads them to the world of "Secret U," an art-house world of true confessions where 20-somethings divulge their darkest secrets, with deadly results. 11 PM on KREM



House Party

Sort of "Rashomon" meets "The Lost Weekend," only a whole lot sillier, this new comedy series recalls the events of one very wild party through the perspectives of different characters. With lots of adult beverages involved, many of the attendees are missing key bits of memory. Fortunately, everyone seems to be missing a different piece. Michal Grajewski ("The Winning Season"), Sarah Podemski ("The Border") and Dylan Taylor star. 11 PM on COM

Global**Style**



Kenya Hunt

Scarves that make a statement, exclusively at [metronews.ca/globalstyle](#).

See complete online movie listings, trailers, reviews and purchase tickets at [metronews.ca/movies](#)

FD	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
11/12/08	2	CFRN	239 318	etalk (N)	Hollywood	You Can Dance		CSI: NY "Dead Inside"		Criminal Minds (N)		News (N)
	3	KHQ	- 370	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Knight Rider (HDTV) (N)		Life "Black Friday" (N)		Law & Order
	4	CBXT	- 307	Coronation St.	Jeopardy! (N)	Little Mosque	Sophie (HDTV)	CBC News: the fifth estate		CBC News: The National		The Hour
	6	KREM	- 372	News (N)	Hollywood	The Doctors (N)		Old Christine	Gary Unmarr	Criminal Minds (N)		CSI: NY
	7	CKEM	241 347	Law & Order: SVU		I Love Money		The 42nd Annual CMA Awards (HDTV)				
	8	CITV	240 339	ET Canada	Entertainment	The Guard (N)		Bones (HDTV PA) (N)		House (HDTV)		News Hour
	12	CBXFT	119 705	Virginie (SC)	L'Épicerie	Le Match des étoiles (N) (SC)		M pour musique (N) (SC)		Le Téléjournal (N) (SC)		TJ Alberta
	13	KXLY	- 371	4 News at 6	4 News at 6:30	Entertainment	Red Carpet	The 42nd Annual CMA Awards (HDTV)				
	16	KAYU	- 373	The Simpsons	The Simpsons	Two/Half Men	Two/Half Men	Bones (HDTV PA) (N)		House (HDTV)		News (N)
	19	CHTV	-	The Insider (N)	E! News	Knight Rider (HDTV) (N)		Hulk Hogan & Family: The E! THS		The Soup		News (N)
news	22	KSPS	- 374	NewsHour With Jim Lehrer		Monarchy: The Royal Family at Work (HDTV) (N) (DVS)		Monarchy: The Royal Family at Work (HDTV) (N) (DVS)		Torturing Democracy		
	24	WTVS	- 364	Monarchy: The Royal Family at Work (HDTV) (N) (DVS)		Keeping Up	Being Served			Tavis Smiley	Charlie Rose (N)	
	15	CBCTN	502 -	CBC News: The National		The Human Spider (N)		CBC News: The National		CBC News: The National		Human Spider
	21	TWN	505 398	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	27	CNN	500 500	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	54	CTVN	501 391	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	70	BNN	504 508	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	20	TSN	400 400	Hall of Fame	NHL Pregame	NHL Hockey Colorado Avalanche at Vancouver Canucks. (HDTV) (Live)				SportsCentre		Motoring 2008
	23	net	408 418	Darts World Premier League.				Hockey Central	Flames Week	Sportsnet Connected (Live)		Ult. Fighter
	47	SPEED	417 406	Pinks	Pinks Outtakes	Wrecked	Wrecked	Pinks (HDTV)	Pass Time	Am. Thunder	Am. Thunder	Pinks
sports	94	SCORE	410 403	Basketball	Score Tonight	Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Sports Rage
	9	EDACC	267 351	Help TV		Smallville "Abyss" (N)		About a Boy *** (2002, Comedy-Drama) Hugh Grant.				Help TV
	14	YTV	552 543	Drake & Josh	iCarly	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Fresh Prince	Futurama	Prank Patrol	Mystery Hnt.
	17	TREE	553 546	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	42	TOON	555 545	6teen	Total Drama	George-Jungle	Bugs Bunny & Tweety Show	Wayside	Johnny Test	Futurama		The Critic
	45	FAM	557 541	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
	-	TVA	121 714	TVA 18 heures	Le Cercle (SC)	Occupation	Poule-oeufs or	Destinées		Les Soeurs Elliot		TVA 22 heures
	18	CMT	575 583	Reba	Reba	Hope & Faith	Hope & Faith	Ult. Coyote Ugly Search		Home Improve.	Home Improve.	Reba
	25	A&E	615 520	Bounty Hunter	Bounty Hunter	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Bounty Hunter	Bounty Hunter	Bounty Hunter
	26	MMM	571 581	Revival	Where You At	Fabulous Life Of...		Party of Five		Fabulous Life Of...		Party of Five
family	29	FOOD	603 561	Iron Chef America		Top Chef "Melting Pot" (N)		Dinner Imposs.		Challenge		Iron Chef Am.
	31	SHOW	617 522	EastEnders	Saxondale	Kink in Hair	Kink in Hair	Durham County		Billable Hours	G-Spot	Wife
	32	DISC	520 505	Monster Moves		Mayday "Out of Sight"		Daily Planet		MythBusters		Cash Cab
	33	SLICE	601 562	Work Out		Real Housewives of NYC		Last 10	Bulging Brides	Work Out		Housewives
	34	W	602 567	House	Style by Jury	Will & Grace	Friends	Grocery Bag	Maxed Out	Supersize vs. Superskinny		Got the Look
	35	TLC	521 560	Jon & Kate	Jon & Kate	Purity Balls (HDTV)		Jon & Kate Plus 8		Jon & Kate	Jon & Kate	Purity Balls
	36	BRAVO	620 523	Wingfield	Letters	Arts & Minds	The Achievers	Law & Order "Empire"		Without a Trace		Signif. Others
	38	SPIKE	628 584	UFC Unleashed (N)		The Ultimate Fighter (N)		The Ultimate Fighter (HDTV)		CSI: NY (HDTV)		Trek: Voyager
	40	HIST	522 506	Finding the Fallen		NCIS "Heart Break"		Bloody Normandy		Finding the Fallen		Finding-Fallen
	41	COM	626 547	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	House Party
cable variety	43	SPACE	627 528	Battlestar Galactica		Ghost Hunters International (N)		Stargate SG-1 (DVS)		Lost "One of Them"		Deep Space 9
	44	WPCH	294 650	(6) The Bourne Supremacy		Steve Harvey	Family Guy	Family Guy	Seinfeld	The Bourne Supremacy (2004, Suspense)		
	46	OLN	411 457	Ed's Up	Adventures	Word Travels	Globe Guides	Pilot Guides		Don't Forget Your Passport		Ed's Up
	48	TROP	619 525	Reality	Ad Persuasion	Beverly Hills, 90210		Reality	What Happen?	Family Guy	Seinfeld	Seinfeld
	50	STAR	621 527	Paris Hilton's My New BFF		The Tonight Show-Jay Leno		TMZ	etalk	The Ellen DeGeneres Show (N)		Hollywood
	52	HGTV	600 564	Property Virgin	Unsellable	Million Dollar Listing		Holmes on Homes		Mansions	The Stagers	Property Virgin
	65	TLN	700 800	(6) L'Onore e il Rispetto		Raymond	Raymond	George Lopez	George Lopez	The Sopranos (SS)		David Rocco
	92	APTN	269 350	APTN National News: Contact		The Gift of Diabetes		Canadian Geographic		Tribal Treks	Guides	Wings-Canada
	93	VISION	261 394	Darling Buds of May		Enigma		Hope Island		Summer Wine	Dinnerladies	Darling Buds
	100	MTV	581 566	Real World-Road Rules		Real World-Road Rules		MTV Live	After	Man and Wife	Super Sweet	Real World-Rd
cable variety	101	MM	570 580	Punk'd	Punk'd	Degrassi: Next	Degrassi: Next	PunchMuch		50 Cent: Money and Power		disBand
	102	CPAC	512 396	(6:30) Headline Politics			Revue	Question Period		Prime-Politics	Headline Politics	
	103	VIVA	526 507	The West Wing		Mediums	Psychic Detect	Mediums	Encounters	Judging Amy		Commander
	105	TV5	145 761	Passe-Passe	Fils de justi	Partir	Facteur	Journal TV5	Le 3950 "Culture et État"		Les Nomades du cercle po	
	106	RDI	126 730	Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal (SC)		Le Journal RDI	Le National	Le Téléjournal



McCartney's daughter to sing in Shrek 4
Sir Paul McCartney's five-year-old daughter is to sing in the new Shrek 4 movie. The music legend is voicing a character and writing a song for the latest instalment in the hit animated franchise. **FEMALEFIRST.CO.UK**

Celebrity Buzz

Richards admires Madonna's energy

PEOPLE Denise Richards says seeing 50-year-old Madonna perform her Sticky & Sweet tour over the weekend was "amazing," usmagazine.com reports.

"You feel lazy watching her because you gotta get off your butt and just work," the actress said.

Richards added that the singer (who recently announced her divorce from Guy Ritchie) "is really an inspiration for everyone."

Meanwhile, Richards said she can't wait to get behind the camera to film the second season of her E! reality show *It's Complicated*.

"You know, there's not

much to tell. We start filming in January, and we're all very excited to start up again," Richards said. "As my life changes, Season 2 will be different because different things happen, and it's a reality show."

METRO NEWS SERVICES



GETTY IMAGES PHOTOS

Washington criticizes Grey's

CONTROVERSY Former Grey's Anatomy star Isaiah Washington, who was axed from the show in 2007 after spewing a homophobic slur at T.R. Knight, is slamming the show for firing Brooke Smith, usmagazine.com reports.

"I looked at a brilliant actress, whom I have adored since I first saw her in *Silence of the Lambs*," he says in the Nov. 17 issue of TV Guide. "For her to be treated this way, I find very interesting."

Grey's creator Shonda Rhimes released a statement last week insisting that "Brooke Smith was obviously

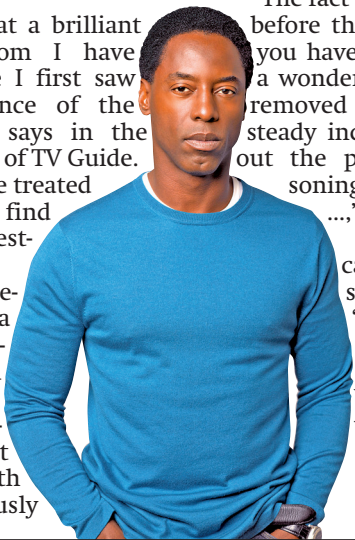
not fired for playing a lesbian we did not find that the magic and chemistry with Brooke's character would sustain in the long run."

Regardless, Washington says the move was harsh.

"The fact is that, just before the holidays, you have a mother, a wonderful actress removed from a steady income without the proper reasoning behind it," he says.

So what can the show do? "Bring Burke back!" Washington says.

METRO NEWS SERVICES



Beyoncé inherits style from mom

FASHION Beyoncé's sense of style comes from a source close to home — her mother Tina, who owned a hair salon and taught the young Beyoncé how to dress well and save money, People.com reports.

"She'd get us little jackets and we'd go to an art supply store and we'd get stones and glitter and we'd personalize a lot of our clothes," Beyoncé, 27, said in an interview in the premiere issue of *The New York Observer Style*.

"She taught me the importance of looking good and feeling good, but also that beauty comes from within, because it fades."

METRO NEWS SERVICES



FameThrower

Joe O'Neill



Joe's take on celebrities

We all have to take our inspiration from somewhere, and apparently **Denise Richards** is taking hers from a really sinewy and annoying woman who stalks around on stage shrieking, wearing huge platform boots and pretending to play the guitar. And I'm not talking about **Avril Lavigne**, I'm talking about **Madonna**. When it comes to women who inspire, I'm afraid **Mother Teresa** just wasn't quite fabulous enough.

So I suppose we should all wish Richards luck with that whole pumping iron, taking steroids, embracing a dubious belief system and turning into a man thing, and on the shooting of the second season of her reality show, *It's Complicated*. The show isn't actually that complicated, but it has managed to make television critics unanimously put forth the name of the inventor of the fast-forward button for sainthood. I mean, how many ways can anyone think of to communicate the idea that **Charlie Sheen** was a bad husband and father? Even Charlie Sheen doesn't argue that point. Watching *It's Complicated* actually fills you with a sense that Denise is doing the impossible and besmirching the name "reality show." It really should be called an "inanity show."

NEWSDESK@METRONEWS.CA

Halliwell breaks up with boyfriend

RELATIONSHIPS Former Spice Girl Geri Halliwell has dumped her boyfriend Ivan "Flipz" Velez over the phone, femalefirst.co.uk reports.

Halliwell reportedly called the backing dancer three weeks ago to tell him she was ending their six-month romance.

"She called 'Flipz' when she returned to the U.K. from Los Angeles and confessed that things just weren't working for her," a source said.

"Geri said she'd hoped it would be an amazing love-of-her-life romance, but that the spark just wasn't there."

METRO NEWS SERVICES



Craig is ready to purchase house

PEOPLE Daniel Craig is planning to buy a permanent home because he is so fed up of living out of a suitcase, imdb.com reports.

The James Bond star has been staying in hotels for the past two years due to his hectic work schedule.

But Craig now feels the time is right to set up a base.

"I just haven't had the time to buy anywhere," Craig says. "I'm hoping to get somewhere more solid this year."

METRO NEWS SERVICES



Winehouse fed up?

RELATIONSHIPS Amy Winehouse is reportedly at "breaking point" over her husband's friendship with another woman, femalefirst.co.uk reports.

The singer, who hasn't seen Blake Fielder-Civil since his release from prison last week, is said to be devastated after discovering he told Sophie Schandorff he was dumping her. We leaving jail early to enter a rehabilitation clinic before he broke the news to her.

"When Amy found out Blake had been in contact with Sophie it was the final straw," a source close to Winehouse told Britain's *The Sun* newspaper. "Amy

hasn't visited him in rehab and is refusing to take his calls. It looks like it's over but we've been here before. He's talked her round plenty of times before."

Fielder-Civil is apparently convinced his year-long marriage is in good shape.

"We'll be together for the rest of our lives," he said. "She hasn't dumped me. We

both love each other and will be together forever. We have spoken on the phone and I'm expecting a visit from her any time now. We can't wait to be back together."

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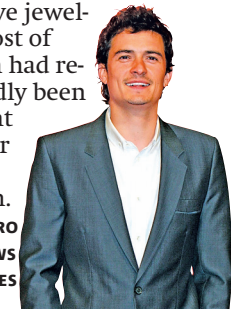
Is Bloom ready to settle down?

MARRIAGE Actor Orlando Bloom and his supermodel girlfriend Miranda Kerr are reportedly making plans to marry, femalefirst.co.uk reports.

"They are talking about settling down and getting married in a year," a source told *Star* magazine. "They have had a bit of a crazy year, but they do love each other and she wants to be his wife."

Kerr has been spotted wearing a collection of expensive jewelry, most of which had reportedly been bought for her by Bloom.

METRO NEWS SERVICES



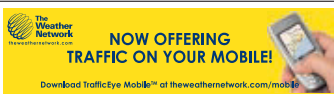
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Take Five

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
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45	46							47			48	49
50												
51					52	53						
54					55				56			
57					58				59			

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		4	2	6		8		7
3		2	4					5
	7							
5		8			7			
		6				2		
			9			5		3
							8	
6					1	3		2
4		1		3	9	7		

Crossword across

- 1 Secure place for valuables
5 Hair-salon application
8 Celeb
12 PC picture
13 Bullring bravo
14 You
15 Misled
17 Cupid's alias
18 Appeared to be
19 Show-biz skill
21 "Of course"
22 Unrivalled
23 Pretense
26 Cauldron
28 Suburbanites' pride
31 Wonka's creator
33 Japanese theater
- 35 Racetrack boundary
36 Fat-shunning Jack
38 Boxer
40 "Yippee!"
41 Physical
43 Affirmative action?
45 Clyde's partner
47 Envisioned, in a way
51 Lotion additive
52 Grain machine
54 Frees (of)
55 "Norma —"
56 Gambling game
57 Santa's sackful
58 Antiquated
59 Pornography

Crossword down

- 1 Perches
2 Rue the workout
3 Golfer's warning
4 Adversary
5 Mark of game-show fame
6 Sprite
7 Some turns
8 Outstanding
9 Trilateral
10 A billion years (Var.)
11 Whatever's left over
16 Sob
20 "You've got mail" co.
23 Billboards
24 Upper limit
25 Elegy
- 27 Surpass
29 Peeples or Vardalos
30 Crafty
32 Negligence
34 Ten times ten
37 Skater Babilonia
39 Cheney predecessor
42 Paris subway
44 Classroom array
45 Homer's son
46 Medley
48 Throat-clearing sound
49 Options list
50 Jog
53 "2001" computer

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

O	W	N		A	S	S		H	O	A	R
M	A	I	L	R	E	C		I	N	C	H
I	S	L	E	M	A	R		G	O	T	O
T	H	E	F	T		M	E	S	H		
			T	O	W		W	I	S	E	U
P	A	J	A	M	A	S		L	A	P	S
U	P	O	N		G	E	M		N	E	S
M	E	L	D	S		W	O	N	D	E	R
A	S	T	R	O	S		P	A	L		
			I	S	I	S		G	O	N	Z
B	E	R	G		T	O	P		W	O	O
U	T	A	H		U	S	A		S	A	N
R	A	N	T		P	O	D		H	E	S

1	9	5	4	7	6	3	2	8
4	3	8	9	2	1	5	6	7
6	2	7	5	3	8	9	4	1
7	1	4	6	9	3	2	8	5
3	5	6	2	8	4	1	7	9
9	8	2	1	5	7	6	3	4
8	7	1	3	6	9	4	5	2
2	6	9	8	4	5	7	1	3
5	4	3	7	1	2	8	9	6

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:	17-21 min	Smart
Under 13 min	Genius	
13-17 min	Scholar	
	21-25 min	Not bad
	25+ min	Keep practising

Metro Recipe of the Day



Stir-Fried Beef with Mango

INGREDIENTS:
14 oz (400 g) lean steak, trimmed of fat
3 garlic cloves, minced
1 tsp (5 mL) sugar
2 tsp (10 mL) soy sauce
1 1/2 tbsp (20 mL) sunflower oil

GINGER AND HONEY DRESSING:
2 tsp (10 mL) paprika
1/2 tsp (2 mL) cayenne
1-1/2 tbsp (20 mL) honey
1 inch (2.5 cm) piece of fresh ginger, peeled and grated
4 tbsp (60 mL) rice vinegar or apple cider vinegar
Juice of 1 lime

SALAD:
1 mango, peeled and cut into strips
2 plums, sliced
1/2 medium red cabbage, shredded
2 oz (60 g) watercress leaves
1/2 cucumber, cut into matchsticks
1/2 red pepper, seeded and cut into thin strips
3 scallions, sliced diagonally
1-1/2 oz (45 mL) mixed fresh mint and cilantro
2 tbsp (25 mL) coarsely

chopped roasted unsalted peanuts

METHOD:
1. For dressing, put paprika, cayenne, honey, ginger and vinegar in a saucepan over medium heat. Slowly add 1 cup (250 mL) water, stirring, and bring to a boil. Reduce heat and simmer 5 minutes. Remove from heat and stir in lime juice; set aside.
2. Combine salad ingredients, except peanuts, in a large serving dish and toss gently; set aside.
3. Cut steak into thin strips and put in a bowl with garlic, sugar and soy sauce. Mix to season strips. Heat nonstick skillet over high heat. Add oil and beef. Stir-fry until strips are evenly brown and cooked to taste, about 3 minutes.
4. Spoon beef over salad. Drizzle dressing over and sprinkle with peanuts.

SERVES 4



Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A doubtful contender makes a move forward. Compatible people will melt away emotional blocks. Relationships with neighbours will interest you.

LIBRA
SEPT 23-OCT 23
Think seriously about what you should be doing. A man comments on your expectations. Someone will ask to borrow money.

TAURUS
APRIL 21-MAY 21
People will accuse you of overdoing things. You'll see profound changes going on. Someone will need to kiss and tell about it.

SCORPIO
OCT 24-NOV 22
A cynical person ends a scheme. A former foe is still shaky after what you did. A nuisance must be stopped.

GEMINI
MAY 22-JUNE 21
Cunning and eagerness is found among peers. You'll get somebody's back up. Prepare to stand your ground.

SAGITTARIUS
NOV 23-DEC 21
A passionate person's difficult behaviour is justified. A strange demonstration will shock you. A negative reply causes a stand-off.

CANCER
JUNE 22-JULY 22
A social group takes over and gets special treatment. Observe co-workers to see who is going wrong. Memory loss will give some relief.

CAPRICORN
DEC 22-JAN 20
Provide relief when it's expected. Restrain your temper with disorderly people. The game is over for an old-fashioned guy.

LEO
JULY 23-AUG 23
An impressive event will cost big bucks. A melodramatic person will be frowned upon. A peculiar associate is on pins and needles.

AQUARIUS
JAN 21-FEB 18
A get-together will change your life for the better. You must be determined to succeed. A dilemma is followed by a turnover.

VIRGO
AUG 24-SEPT 22
A messenger will mess up. An idealist's heartbreak causes weepiness. A supporter has regrets due to amnesia.

PISCES
FEB 19-MARCH 20
A banking problem makes someone anxious. You should quit while you're ahead. Meetings with progressive people will take place.

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NEW "COMMENT & VIEWS"

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Do it daily.

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metro
Do it daily.

WORDY GURDY®
BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Animal park bug (1)
2. High card locale (up a sleeve?) (1)
3. "The View" host Behar's composure (1)
4. Make fun of a stew container (1)
5. Ungracious winner's small engines (2)
6. Irritate Hansel's fairy tale sister (2)
7. Football punter's dupers (2)

ANSWERS
1. ZOO FLU 2. ACE PLACE 3. JOYS POISE 4. MOCK CROCK
5. GLOATERS 6. NETTLE GREETER 7. KICKERS TRICKERS

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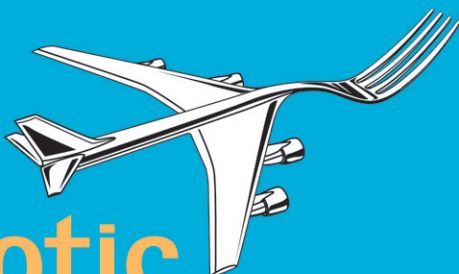


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 **transat**
HOLIDAYS



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